

MAR
2026



Trusting people
who care

Meaningful Moments

Across Our Homes

Monthly
Newsletter

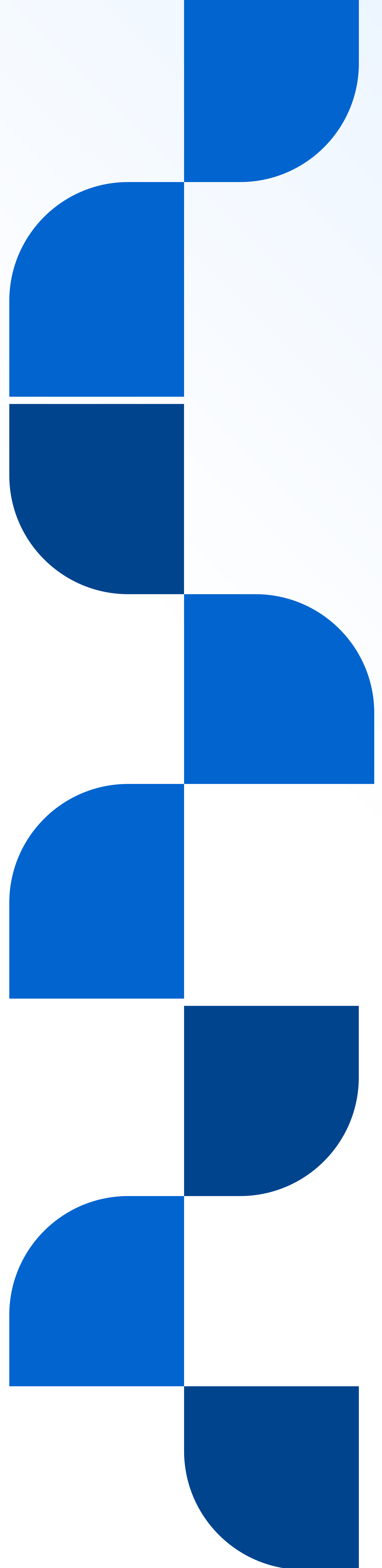
Stories that connect
Care that inspires

Compassion
Community
Connection
Care



Inside This Month

March Highlights	01
Celebrations & Community Moments	02
Activities, Creativity & Engagement	03
Health, Wellbeing & Therapy	04
Music, & Sensory Sessions	05
Birthdays & Staff Recognition	06
Community Visits & Family Connections	07
Recipes & Seasonal Activities	08
Care Standards & Health Awareness	09
Contact & Feedback	10



March Highlights

Welcoming A Month Of Care & Celebration

March across Trustcare Homes has been filled with celebration, creativity, and meaningful connection.

Residents and staff enjoyed community outings, cultural celebrations, wellbeing sessions, music, arts and crafts, therapy activities, birthdays, and shared experiences that brought joy throughout the month.

These moments continue to reflect the compassion, dedication, and person-centred care that define Trustcare, creating warm and supportive environments where everyone feels valued, included, and connected.

WELCOME



Celebrations & Community Moments



Celebrating Culture, Care & Connection

Residents celebrated Mother's Day, St Patrick's Day, and Eid with music, decorations, themed activities, and shared meals across our homes.

At The Star, residents enjoyed singing and karaoke together, while creative henna activities and cultural celebrations brought colour and excitement to the month.

Smiles, laughter, and time spent together made these celebrations memorable for residents, staff, and visiting families.



Shared experiences like music, food, creative activities, and community events helped strengthen relationships and create lasting memories for everyone involved.

These joyful moments continue to reflect the welcoming and person-centred environments across our homes.





Arts & Crafts

Making beautiful handmade artwork and decorations using colours, textures, and seasonal designs during creative craft sessions.

Bingo & Games

Enjoying fun bingo afternoons and group games filled with lots of laughter, conversation, and friendly competition.

Activities & Engagement



Dance & Movement

Taking part in music and movement sessions helped our residents build confidence while enjoying themselves.



Health, Wellbeing & Therapy



Sensory Wellbeing Activities

Residents across the homes explored sensory sessions using textures, sounds, and calming activities designed to support relaxation and focus.

Wheelchair Yoga

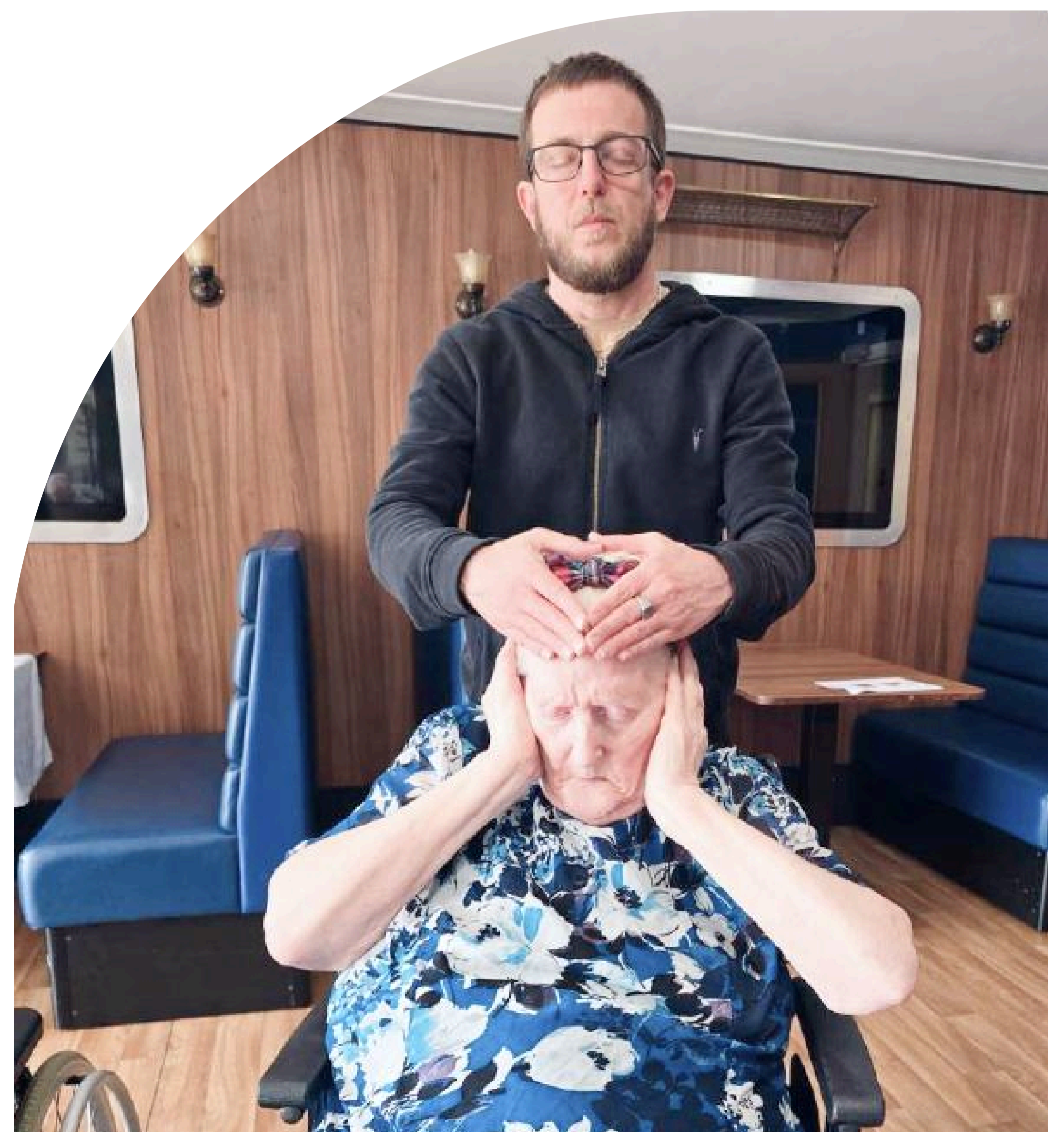
There were calming wheelchair yoga sessions focused on improving relaxation and emotional comfort with gentle stretching.

Physical Therapy

Participation in physical therapy and guided wellbeing sessions supported our residents with improved mobility, comfort, strength, and everyday independence.

Gym & Exercise Sessions

Residents enjoyed light fitness and exercise sessions that encouraged movement, routine, and self-reliance.





Harp Sessions

Relaxing harp performances created calm and comforting moments throughout the home.

Karaoke & Music Activities

Singing, dancing, and karaoke sessions brought everyone together through music and laughter.

Music & Sensory Sessions



Aquarium Sensory Experiences

Residents explored interactive sensory activities inspired by aquarium themes, encouraging curiosity, relaxation, and engagement.



Birthdays & Staff Recognition



Resident Birthday Celebrations

Residents including Chinyere, Hazel, and Hristo enjoyed joyful birthday celebrations surrounded by families, staff, laughter, cake, and special shared memories.



Employee Recognition

Chelmsford Care Centre proudly recognised Abibatu as Employee of the Month for her dedication, positivity, and outstanding support throughout March.





Community Days Out

Community outings and visits gave our residents new opportunities to explore interesting places and spend quality time together outside the home.

Family Visits

Pamela enjoyed a meaningful family visit filled with shared conversations, treasured memories, and special moments with loved ones.

Togetherness

Family Moments

Community Visits & Family Connections

Recipes & Seasonal Activities



Taste Of March

Residents across Trustcare enjoyed baking and cooking activities throughout the month, including Fruit Scones, Easter Egg Cheesecake, Mini Egg Cookies, Rhubarb Cake, Sheer Khurma, and homemade Potato & Leek Pie.

Cultural Experiences

Easter & Spring Activities

Residents enjoyed Easter-themed games, chocolate activities, spring crafts, and seasonal decorations across the homes.



Baking Together

CQC Awareness & Quality Care

Supporting safe, effective, caring,
responsive, and well-led services
across our homes.



Quality Care

Care Standards & Health Awareness

Hydration & Nutrition Awareness

Promoting healthy routines that
support comfort, wellbeing, focus,
and overall health.

Consent & Person-Centred Care

Respecting individual choice, dignity,
preferences, and informed decision-making
in everyday care.



Whistleblowing & Staff Support

Promoting safe reporting, respect, and supportive working environments across Trustcare.

Health Support

Physical & Emotional Wellbeing

Encouraging healthier lifestyles through movement, therapy, relaxation, and meaningful engagement.



Resident Choice

Contact & Feedback

Connect With Our Homes

We value feedback from residents, families, and our community. Your support and shared experiences help us create warm, caring, and welcoming homes.



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